

# Renew

THE  
ANTI-AGING  
JUMPSTART



HANDOUT

# ANTI AGING

## DETOX SUPPORT TOOLS

The following tools encourage detoxification, which leads to better skin, more energy, less belly bloat, fewer wrinkles, and less cellulite.

I like to tongue scrape upon waking and before bed.  
I take an Epsom salt bath 3 times a week.  
I do the armpit detox daily.

YOU CAN RESERVE AGE. DETOX YOUR BODY

### TONGUE SCRAPING

I suggest scraping your tongue daily in the morning and before bed. This method removes the mucus and toxic buildup in your mouth.

Use a tongue scraper or a spoon to reach to the back of your tongue, pull forward, and scrape off the white film, then repeat. My favorite tool is Dr. Tung's Tongue Cleaner. You can buy this on Amazon or at your local health food store.

### SKIN BRUSHING

Skin brushing supports your lymphatic system, kidneys, and liver and has been shown to reduce toxins by 25% in the body. You can skin brush in the morning before your shower and at night.

#### **How to skin brush:**

- Brush skin with a dry brush made specifically for this purpose before you shower or bathe. My favorite skin brush by Yerba Prima is available on Amazon or at your local natural food store.
- Always brush toward your heart with the flow of the lymphatic fluid.
- Start at the soles of your feet and then move up your legs, brushing in a circular motion.

- Brush your chest and shoulders toward your heart in long strokes, and then start at the fingertips and brush toward your body. Use small, circular strokes in your armpits.
- Move in a circular motion counterclockwise on your stomach to align with the direction of digestion and encourage detoxification.

## EPSOM SALT BATH

Epsom salt baths should be a detox tool you take advantage of during this program. Epsom salt, or magnesium sulfate, is wonderful for:

- Reducing muscle cramps
- Improving sleep, promoting healthy bowel movements
- Improving nutrient absorption
- Easing stress, improving cognition and concentration

### **Here's how to make an Epsom salt bath:**

Add 1 cup of Epsom salts, ½ cup baking soda, ½ cup sea salt, and ¼ cup Bragg's raw apple cider vinegar (optional) to a warm bath. You can also add a few drops of essential oils, such as lavender or another favorite essential oil. Relax and enjoy your luxurious detox bath.

## THE ARMPIT DETOX

1 tablespoon bentonite clay  
3 drops cilantro essential oil  
1 teaspoon apple cider vinegar  
1-2 teaspoons of water

1. Mix all the ingredients in a bowl until it becomes the consistency of yogurt.
2. Spread the mixture over the armpits and allow to sit for 5-20 minutes.
3. Wash the mixture in the shower with warm water. Apply a small amount coconut oil to the armpit after the shower.
4. Repeat every night for the 14 days of detox. If there is any irritation, stop for one night, and then resume. If you find the raw apple cider vinegar causes any irritation, use 1 teaspoon of coconut oil instead.